

FEBRUARY 2024

CAMBRIAN *Living*



Meet
Mr. Nesbitt

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DANNY B. ACEVEDO
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BONE, STRENGTH, POSTURE & BALANCE

Daron O'Donnell - OsteoStrong San Jose
daron@osteostongsanjoselife.com
www.osteostongsanjoselife.com

I am part-owner of OsteoStrong San Jose; the other partners are my mother and father—it's truly a family affair. The most important reason for starting OsteoStrong was to empower her parents to take ownership of their health. We opened our doors just 17 days before the COVID-19 pandemic broke. Now, a year later, I am so grateful for the many people OsteoStrong has helped in achieving stronger and healthier lives.



EDUCATIONAL PSYCHOLOGY AND SUPPORT

Mind By Design
Jana Parker, MS, LEP, ABSNP
669-282-2510
themindbydesign.com

Meet Jana Parker, the CEO and Founder of Mind by Design, an empowering educational psychology and intervention practice in Campbell, CA. Mind by Design specializes in psycho-educational evaluations and offers a range of services, including speech therapy, academic tutoring, executive function coaching, and parent support. Passionate about helping families navigate the educational system, Jana leads her team of compassionate and knowledgeable specialists, striving to help children and families thrive.



FAMILY FRIENDLY HOLISTIC WELLNESS SPA

Janis Manacsa and Avery Kinghorn - Sea Salt Therapy
408-369-1486
seasalttherapy.com | support@seasalttherapy.com

Sea Salt Therapy has been holistically serving the Bay Area community for 10 years. Halotherapy (Salt Therapy) is beneficial to those who suffer from asthma, allergies, bronchitis, COPD, and sinusitis. It's also beneficial for post-Covid symptoms such as prolonged cough, brain fog, and overall fatigue. Chromotherapy and Infrared Heat technology address deep systems in the body. Benefits include lowered blood pressure and cholesterol, weight loss, skin purification, muscle recovery, decreased chronic pain, and decreased stress, anxiety, and depression.



PHOTOGRAPHY, VIDEO & DRONE

Danny B. Acevedo - DBAPIX
408-636-3687
dbapix@gmail.com | www.dbapix.com

Keeping photography professional since 2012. My business is located in San Jose, CA. I provide high quality photo, video and drone services for private and corporate clients throughout the Bay Area. I enjoy capturing construction, fashion, portraits, wedding, special events and much more. I look forward to capturing your moment.



REALTOR® / BROKER ASSOCIATE

Kirsten Reilly - Compass
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kirsten.reilly@compass.com | www.kirstenreilly.com

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SPECIALITY KID'S ART STUDIO

CD Hullinger - CD Art Studio
408-784-5118
cdsartstudio.com | www.cdsartstudio.com

I love my job! I have been a children's book illustrator for over 25 years. We opened our children's art studio eight years ago with the intent of teaching children that we are all artists with a unique creativity process. Helping children find their own creative artist and to have confidence in their ability is what I love best. Once you help release their creativity, the possibilities are unlimited.



SUPPLEMENT AND HEALTH STORE

Farinaz Tavakoli - Nutrition Palace
408-796-7344
farinaz@nutrition-palace.com | www.nutrition-palace.com

Nutrition Palace was born with the vision of integrating Farinaz's love for nutrition and weight loss and helping people reach their body and health goals within a retail space that provides quality health supplements. Her goal and passion remains the same as it always was and that is to help people. Her background has always been in providing excellent service and forming relationships.



VETERINARIAN

Dry Creek Animal Hospital
Dr. Amanda Anthony & Dr. Mike Armer
408-560-2882
www.drycreekvet.com

Drs. Anthony and Armer established Dry Creek Animal Hospital in 2023; a small animal private practice treating the dogs and cats of Campbell and the surrounding communities. Our focus is to provide high quality medical care by creating strong relationships with our clients and patients, personalizing diagnostic and treatment plans, and emphasizing client education. A collaborative approach to healthcare allows for our patients to live long, happy lives with their families!



YOUTH SPORTS AND RECREATION

Kristina Williams - Los Gatos Elite
408-596-2590
kristina@losgatoselite.com | www.losgatoselite.com

Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community, she knows how important making meaningful connections in her community are. Kristina loves to share her experience as a coach, mom, and business owner.

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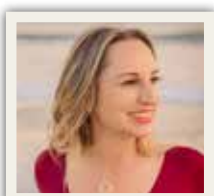
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Coordinator

FEEDBACK/IDEAS/SUBMISSIONS:
Would you like to be a part of Cambrian Living? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email stephanieking@bestversionmedia.com with all your Cambrian Living content!



We are on Instagram!
[cambrianlivingandneighbors](https://www.instagram.com/cambrianlivingandneighbors)

|| LETTER TO RESIDENTS ||



Michele Anderson
Founding Publisher of
Cambrian Neighbors &
Cambrian Living

Greetings Cambrian Community in February!

Can you believe we're already in the second month of the year? Exciting times ahead with an extra day for the leap year!

As we step into February, let's enjoy Valentine's Day, spreading love and connecting with each other. The Year of the Dragon brings Lunar New Year festivities, symbolizing strength and good fortune. Let's take a moment to reflect on Presidents' Day, honoring the leaders who've shaped our nation. In the spirit of unity and appreciation, let's celebrate Black History Month.

For those enjoying time off during Presidents Week or day, I hope it's filled with either fun adventures or much-needed relaxation.

We're thrilled about the second month of featuring remarkable individuals/families in both magazines – an exciting change indeed!

Here's to soaking in the joys of February and eagerly looking forward to spring, just around the corner.

Best,

Michele Anderson

Michele Anderson

Founding Publisher of Cambrian Neighbors Magazine & Cambrian Living Magazine



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Meet Mr. Nesbitt

Cambrian Park: 5 Stars

BY STEPHANIE KING | PHOTOS BY DANNY B. ACEVEDO, DBAPIX

Many of our Cambrian neighbors probably recognize Glen Nesbitt. To many, he is known as Mr. Nesbitt—beloved (by some) math teacher at Dartmouth Middle School. Glen has been teaching at Dartmouth since relocating to the Cambrian neighborhood in 2016. Others might know Glen from his appearances on five game shows spanning from 1986 to present day. Or perhaps you recognize his name from his self-published books or Yelp reviews. Yes, Glen Nesbitt is a pillar in the Cambrian community. And his life has been quite the adventure!

Glen grew up in southern California and attended Cal State Long Beach, earning a bachelor's degree and teaching credential. In 1998, Glen met Danielle while both were

working at a mall, where burgeoning love smells of Cinnabon and Sbarro Pizza. The duo dated for four years before parting ways. Twenty years later, Glen and Danielle reconnected and were married at Long Branch Farms, a private ghost town in Half Moon Bay. As a fan of *Toy Story*, Glen's wife can proudly say, "I'm Mrs. Nesbitt!"

Together, Glen and Danielle have an eleven-year-old Maine Coon mix cat named Doobie. Much like Glen, Doobie is quite the adventurer! Recently, Glen outfitted Doobie with a collar camera. Glen has spied on Doobie chasing lizards, chilling with his besties Spazz, Teddy, and Juju, and, on occasion, sneaking into their houses to steal cat food.

Glen and Danielle love to travel. "Besides the high salary (*cough cough*)," Glen states, nearly choking, "one perk to being a teacher is the breaks, like President's Week, Spring Break, summer and holidays, so we try to get away. Highlights of the last four years include swimming with turtles in Oahu, snorkeling Cancun, food tours in Chicago, the cat bookstore in Seattle, the original Meow Wolf in Santa Fe, camping in Lake Tahoe, collecting glass at Glass Beach, whitewater rafting in Oregon, bingo in Las Vegas, rock climbing in Joshua Tree, and the seven state road trip including Glacier



National Park, Yellowstone, the Tetons, and Jackson Hole." Of his travels, Glen recounts two experiences, swimming in the warm rain in Cozumel and walking the Narrows of Zion as his favorite memories. Not fond of moving vehicles, Doobie stays home and makes sure no lizards break in.

In 2023 Glen started writing and publishing



books. To date, he has released two children's books (*An Animal You Are* and *Breadtime Story*). His young adult novel *Break Out of Heaven*, centers around a teenage boy exploring heaven while trying to make his way back home after finding out he is not dead. *Country Living Magazine* pulled a quote from the book which was reposted on social media, blogs, etc. Seeing "my Halloween costume was so bad that people opened their doors and took candy from me" go viral was one of Glen's proudest moments.

Another highlight from a life well-lived has been Glen's appearances on game shows. In 1986 he was a contestant on *The All-New Dating Show*. Although he did not win, Glen went on to appear in *Rock and Roll Jeopardy* in 1998. This time he won the show and enough money to go back to school. In 2021 he won *The Weakest Link*, but lost *America Says* in 2022. Currently, Glen is 2:2 on the game show circuit; however, this February he will appear on Game Show Network's *Blank Slate*, which will be the tie breaker game show for his track record. That is, at least until he is on another game show; he had already applied for *Squid Game: The Challenge*!

In his spare time, Glen loves to involve himself in his Cambrian community. He can be found often in the bleachers at Leigh High School, rooting on his former students at various sporting events. He enjoys playing pickleball at Camden Community Center, where he also enjoys the annual Music in the Park event. Glen is an elite Yelper, having published 2250 reviews, 500 of which for businesses in San Jose, Campbell, and Los Gatos. And he always looks forward to saying hi to Jorgen, the Swedish kung-fu artist who likes to practice in front of the Carl's Jr on Union and Camden.

And of his neighborhood, Glen considers himself lucky to have found the perfect blend of active and quiet; close enough to walk to shops yet secluded enough to allow for privacy. During the day Glen can hear the laughter of children from the nearby nursery school and at night he can hear the cheers from Leigh High School sporting events. But most importantly, Glen appreciates how friendly his neighbors are, and how quickly and whole-heartedly they embraced him and his family. If he could write a Yelp review for Cambrian Park, he'd give it five stars.



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Whether finding your dream home or embarking on a new chapter, I am excited and honored to be a part of your journey.



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BLACK HISTORY MONTH IN THE SOUTH BAY

BY **STEPHANIE KING**



Carter G. Woodson

In 1915, recent Harvard graduate Carter G. Woodson traveled from Washington DC to Chicago to attend an event celebrating the 50th anniversary of the abolishment of slavery. Woodson, alongside nearly twelve thousand attendees, spent three weeks at the event. Inspired by the progress his community had made, and driven by his passion for history, Woodson decided to start an organization dedicated to the science and history of black and African American people. Woodson urged his fellow fraternity brothers (many of

whom were well connected) to aid in establishing a national history and literacy week devoted to the celebration and advancement of black communities.

His initial endeavors were very successful and well-received nationwide. But Woodson had his sights set on something bigger. He wanted the nation to devote an entire month to the celebration of the rich history and numerous achievements of its black and African American citizens. Thus, Black History Month was established in February of 1926. Woodson chose February because it is the birth month of two men who were imperative in the abolishment of slavery; President Abraham Lincoln and his trusted

advisor-former slave turned famous orator Frederick Douglass (ASALH.org)

It has been nearly a hundred years since the establishment of Black History Month and Woodson's vision for a month of history and celebration is still going strong. Right here in Silicon Valley, we have sponsored events to honor our black community throughout the month. However, honoring black history doesn't just have to happen in February. You can celebrate and support year-round by visiting black-owned and operated local establishments, participating in San Jose's Juneteenth celebration, supporting local programs, etc.

Below is a list of Black History Month celebrations in Santa Clara county:

Sunday, February 18th 4-5pm
BLACK HISTORY MONTH STORY TIME

Martin Luther King Jr Library
1580 E San Fernando St,
San Jose

Wednesday, February 21st 3pm
BUTTON MAKING POP-UP FOR TEENS: CELEBRATING BLACK HISTORY MONTH

Mitchell Park Library
3700 Middlefield Rd,
Palo Alto

Sunday, February 25th 3pm
BLACK HISTORY MONTH MASS

St. Francis Cabrini
15325 Woodard Rd, San Jose



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GUIDING PARENTS OF STRUGGLING LEARNERS: NAVIGATING THE EDUCATIONAL SYSTEM WITH INSIGHTS FROM AN EDUCATIONAL PSYCHOLOGIST

BY JANA PARKER, MS, LEP, ABSNP LICENSED EDUCATIONAL PSYCHOLOGIST #3272
AMERICAN BOARD OF SCHOOL NEUROPSYCHOLOGY
MIND BY DESIGN



Being a parent to a child facing academic challenges can be a daunting experience, and if you are a parent, I know this resonates with you or someone you know. When a parent begins to sense their child is struggling, whether it be academically, physically, behaviorally, socially, or emotionally, anxiety escalates. It heightens our worry, makes us less productive at work, and keeps us up at night. You might be thinking, is this ADHD? Does

my child have a learning disability? Does this behavior seem like Autism Spectrum Disorder? Is my child anxious or depressed? As an educational psychologist, I understand the concerns you may have about your child's struggles in school. My goal in the next few minutes is to provide guidance to help alleviate fears. From understanding the signs to collaborating with educators, here are insights to help you navigate this journey and support your child effectively.

1. RECOGNIZING SIGNS OF STRUGGLE:

The first step in addressing your child's academic, emotional, social, and/or behavioral challenges is recognizing the signs. Keep an eye out for changes in behavior, declining grades, frustration with homework, or reluctance to attend school. These indicators may suggest underlying learning difficulties that need attention. Trust your instincts as a parent, and if you sense something is amiss, it's essential to explore the root causes.

2. OPEN COMMUNICATION WITH TEACHERS:

Initiate open and honest communication with your child's teachers. They can provide valuable insights into your child's academic performance, behavior in the classroom, and interactions with peers. Collaborating with teachers allows you to gain a better understanding of your child's strengths and weaknesses and can be the first step toward finding solutions.

3. SEEKING A COMPREHENSIVE EVALUATION:

If your child's struggles persist and you notice they are beginning to have a considerable impact, consider requesting a comprehensive psycho-educational evaluation. This evaluation, typically conducted by educational psychologists, assesses various aspects of your child's learning, including cognitive abilities, academic skills, and social-emotional development. It provides a holistic view that can guide personalized interventions and support, such as reading intervention, executive function coaching, mental health counseling, and more. You can seek an evaluation at public expense by referring your child for an evaluation in your local school district. Evaluations conducted at public schools are geared toward determining whether the needs are significant enough to warrant special education services. However, if special education services may not be applicable to your child or you are seeking to deeply understand your child's multifaceted learning profile, that's where a diagnostic evaluation at Mind by Design can help.

4. UNDERSTANDING INDIVIDUAL LEARNING STYLES:

An evaluation can unveil valuable information about your child's individual learning style. Understanding how your child learns best empowers you to advocate for tailored teaching strategies and accommodations that suit their unique needs. This insight can be a game-changer in unlocking your child's potential and facilitating a more positive learning experience, whether your child is in public or private school.

5. COLLABORATING ON AN ACTION PLAN:

Once you have a clearer understanding of your child's learning profile, work collaboratively with educators and specialists to develop an action plan. This plan may include personalized interventions, accommodations, or targeted support services. Regularly review and adjust the plan based on your child's progress, ensuring a dynamic and responsive approach to their evolving needs. A plan like this can be developed in the

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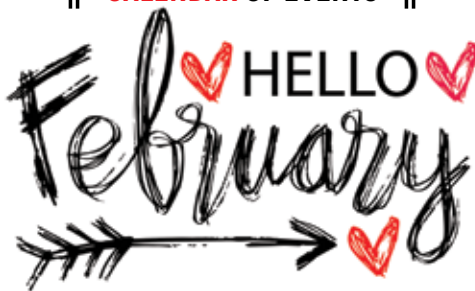
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school setting and can incorporate community specialists if needed.

As a parent of a struggling learner, navigating the educational system can be challenging but not insurmountable. By recognizing signs of struggle, fostering open communication with teachers, seeking a comprehensive evaluation, understanding your child's learning style, and collaboratively developing an action plan, you can provide the necessary support for your child's academic journey. Remember, you are not alone in this process, and with informed decision-making, patience, and advocacy, you can make a significant impact on your child's educational success and overall well-being. If you don't know where to start, need personalized guidance, or just need a friendly and knowledgeable ear to help alleviate some worry and point you in the right direction, don't hesitate to reach out to my clinic, Mind by Design. In addition to psycho-educational evaluations, we offer speech and language evaluations and therapy, academic tutoring, executive function coaching, and parent coaching. At Mind by Design, we're here for your children and for you as their caring and supportive parents.

|| CALENDAR OF EVENTS ||



EVERY FIRST AND THIRD TUESDAY LOS GATOS TOWN COUNCIL MEETING

@Town Council Chambers
110 E. Main Street
Los Gatos, CA 95030
Time: 7pm-8pm

Come support your community and let your voice be heard! Meetings are open to the public. Information about upcoming meetings can be found at www.LosGatosCA.gov

EVERY THURSDAY FAMILY STORY TIME

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124
Time: 11:00am-11:30am

Come participate in early learning activities (specifically for ages 0-5yrs) such as songs, stories, movement, rhyme, and finger play! Parent/caretaker attendance is required. Masks are suggested for ages 2 and up.

EVERY SUNDAY LOS GATOS FARMER'S MARKET

@Downtown Los Gatos
Town Park Plaza on Main St
& N. Santa Cruz Ave
Time: 9:00am to 1:00pm

Enjoy a day in downtown Los Gatos and support 40+ farmers, vendors, and local businesses at the Los Gatos Farmer's Market.

FRIDAY, FEBRUARY 16TH AND SATURDAY, FEBRUARY 17TH SAN JOSE LUNAR NEW YEAR-TET & MOON FESTIVAL

@Eastridge Mall-Sears Parking Lot
2180 Tully Road
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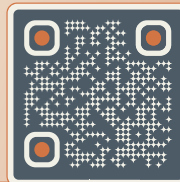


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LOMO SALTADO

BY STEPHANIE SOLORIO
BEST ARTISAN EMPANADAS

Peruvian cuisine is a unique blend of indigenous and immigrant influences. Over time, immigrants from Europe, Asia, and Africa have brought their own ingredients and culinary traditions to Peru, resulting in a diverse and flavorful cuisine. Without the familiar ingredients from their home countries, immigrants modified their traditional cuisines by using ingredients available in Peru. This led to the creation of new dishes that blended culinary traditions from around the world with Latin flavors such as the classic Peruvian dish Lomo Saltado. Specifically for Lomo Saltado, this popular dish has Asian influences that incorporate tender strips of steak stir-fried with onions, tomatoes and french fries.



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|| COMMUNITY CORNER ||

INGREDIENTS

Serves 4

- 3 tablespoons olive oil
- 1 lb. sirloin steak, cut into strips
- Salt and black pepper, to taste
- 1/2 teaspoon cumin seeds
- 1 red onion, sliced
- 4 Roma tomatoes, cut into wedges
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon aji amarillo (or substitute with crushed red peppers)
- 1 tablespoon red wine vinegar
- 2 teaspoons cornstarch
- 1 tablespoon fresh cilantro, chopped
- 1 lb. French fries, cooked until crispy
- Steamed white rice, as a side dish

PREPARATION

1. Heat 3 tablespoons of olive oil in a large pan over high heat. Add the steak, season with salt, black pepper, and cumin seeds, and cook until browned, 5-6 minutes.
2. Add onions and garlic. Cook for about 5 minutes, until the onions are soft.
3. Add the tomatoes and aji amarillo paste (or substitute), and cook for another 5 minutes, until the tomatoes have released some of their juices but are still intact.
4. In a separate bowl, mix the soy sauce, red wine vinegar, and cornstarch with 1/2 cup of water. Add this mixture to the pan and let it cook for 1 to 2 minutes.
5. Add the French fries and cilantro to the pan. Toss gently to coat the fries in the sauce.
6. Serve with steamed white rice.

To make this classic Peruvian dish, you can use crushed red peppers as a substitute for aji Amarillo or any other spicy pepper. Additionally, crispy French fries add a different layer of texture to the dish. To achieve this, you can use frozen French fries and finish cooking them in an air fryer. They will come out perfectly crispy and delicious!

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3

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My industry connections go beyond ads, attracting potential buyers effectively.

4

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5

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I'll be your advocate, helping you decipher offers and navigate through successful negotiations.

6

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With up-to-date insights on changing laws, I ensure a seamless and informed selling experience.

7

Emotional Support

I understand the sentimental value of your home, offering steady guidance during this transition.

8

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As a REALTOR®, I adhere to a code of ethics, ensuring fairness, honesty, and professionalism in every transaction.



RUTH SMITH

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Realtor® | Broker Associate



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PREDICTIONS FOR THE 2024 HOUSING MARKET

BY KIRSTEN REILLY
KIRSTEN REILLY REAL ESTATE LLC

First and foremost, Happy New Year! I personally feel a sense of optimism for 2024 in terms of the economy and housing market here in the Bay Area. The cost of living here is still high, however, economic indicators are very strong and should translate into a very active year for housing. 2023 was a year of high inflation and increasing interest rates that put many people's plans on hold. So, when trying to predict what will happen in 2024, here are four of the metrics I like to review, and how I interpret them:

NUMBER OF HOMES LISTED FOR SALE

Trend: 63% lower than December 2022.

Low inventory drives prices higher. Great for sellers, but may be frustrating for buyers.

MEDIAN NUMBER OF DAYS TO SELL

Trend: Trending up after being flat this Summer. Up 56% compared to December 2022. This is a non-issue. A lot of the older inventory is selling off after the holidays, which makes the median "days on market" higher but is not indicative of a slowing market.

MEDIAN SALES PRICE

Trend: Year over year, despite the increase in interest rates, the median sale price in San Jose is up 12%, largely due to low supply! Seasonally, home prices have been moving up gradually since Autumn 2023. This is good news for sellers, and is a direct result of ongoing low inventory and recently improved interest rates. I suggest that buyers get pre-approved now as prices could accelerate quickly this year.

MORTGAGE RATES

Trend: Slowly decreasing. Even small changes in interest rates

have dramatic effects. For example, an 80% loan payment for a \$1,600,000 home was costing buyers about \$9,400 per month when rates hit 8% in November 2023. The decrease to 7% rates brought the payment down to around \$8,500 per month - almost \$1000 lower per month! We expect the Fed to continue to cut rates this year, so this will continue to encourage buyers and sellers to take action.

SEASONAL BUYING HABITS AND THE 2024 ELECTIONS:

Typically more buyers start shopping in late Winter and early Spring, and when you add in the lower interest rates we are starting to see, we should see a very busy Spring market.

Sellers, let's consider the potential effects of the November elections. I expect that the current administration will apply pressure on the Fed to keep rates stable leading up to elections. However, as we approach Autumn, the news will likely become very distracting to buyers and have a slowing effect on the market. If I were planning a sale this year, I'd try to make it happen before September.

I hope this review is helpful as you think about your plans for 2024. Give me a call if you'd like to talk over any questions specific to your property and situation. I would love to hear from you and be your resource!

Warmly,

Kirsten Reilly, Broker Associate
Cambrian Specialist
(408) 835-2962

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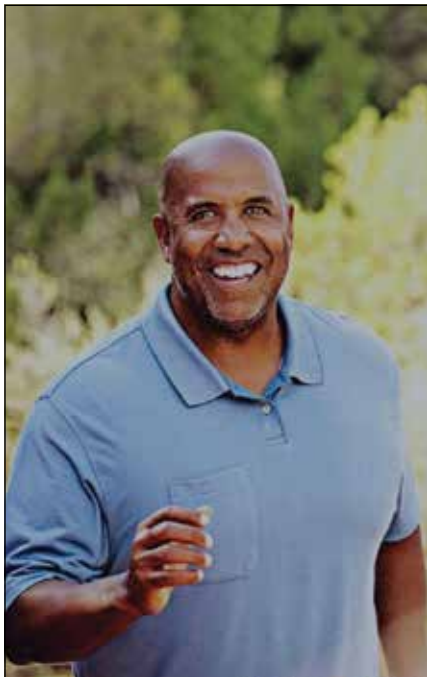
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—National Osteoporosis Foundation



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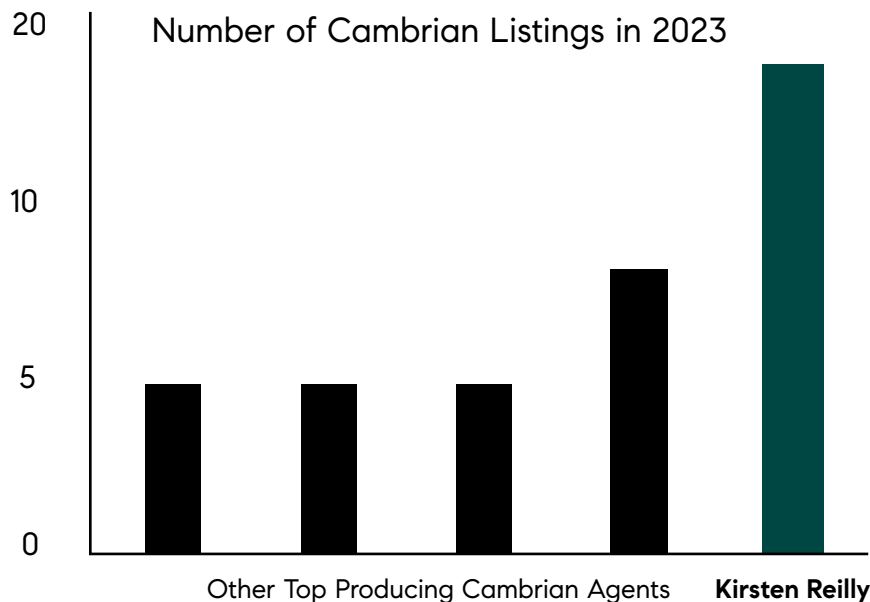

Sold Homes in Your Neighborhood

Street Address	Sq. Ft	Bedrooms	Baths	List Price	Sale Price
4488 Faraday Drive	1,497	3	2 1	\$1,748,000	\$1,905,000
4351 Faraday Drive	1,480	3	2 0	\$1,545,000	\$1,500,000
1608 Shreen Ct	2,103	4	3 0	\$1,888,000	\$1,840,000
14455 Bercaw Lane	3,979	5	5 1	\$3,475,000	\$3,225,000
3462 Gavota Avenue	1,155	3	2 0	\$1,350,000	\$1,400,000
1646 Forman Avenue	1,642	3	2 0	\$1,599,000	\$1,650,000
4620 Marbella Court	1,840	4	3 0	\$1,995,000	\$2,150,000
1807 Nelson Way	1,202	3	2 0	\$1,588,000	\$1,600,000
3960 Paladin Drive	1,240	3	2 0	\$1,498,000	\$1,498,000
14361 Lenray Lane	1,173	3	1 0	\$1,698,000	\$1,800,000
3833 Meridian Avenue	1,555	3	2 0	\$1,300,000	\$1,250,000
15390 Charmeran Avenue	2,616	4	3 1	\$2,998,000	\$3,150,000
2366 Starbright Drive	1,552	4	2 0	\$1,549,888	\$1,725,000
4172 Leigh Avenue	1,404	4	2 0	\$1,499,950	\$1,500,000
1730 Cambria Court	2,467	4	2 1	\$1,848,000	\$1,770,000

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